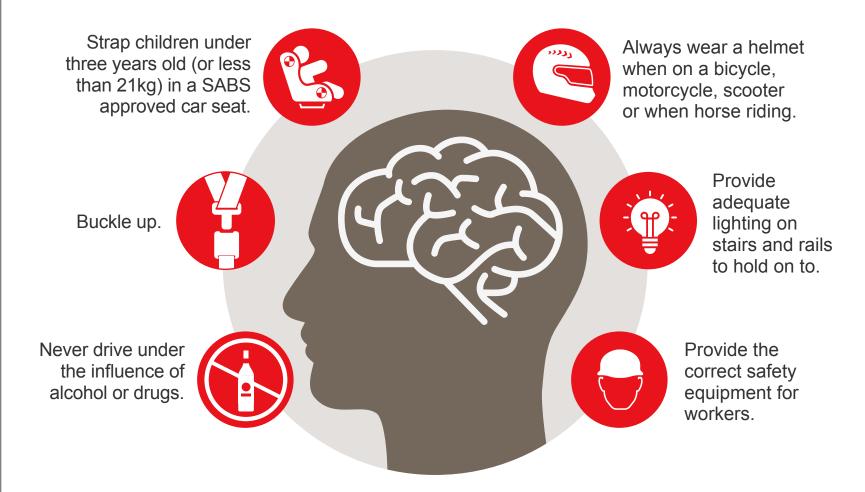


MIND YOUR HEAD

Tuesday, 20 March 2018 marks World Head Injury Awareness Day – a day dedicated to the prevention of head injuries. Head injuries may be as mild as concussion to debilitating, severe brain injuries. ER24 offers some recommendations, at work and home, of how to protect your head and reduce accidents and brain injury:



A FEW MORE IMPORTANT TIPS:

- Do not place obstacles in pathways.
- Avoid contact sport until fit to return after a concussion.
- Place bars on high windows and secure balconies to avoid children falling from a height.
- Be gun safe.